SACWN
SACRAMENTO AREA CAREER WOMEN'S NETWORK INC.

VOLUME 10, NO.3 MARCH, 1994

CELEBRATE WOMEN'S HERSTORY MONTH!

Meet James Miranda Barry, the first woman doctor in England, who passed as a man for most of her life.

Meet A'Lelia Walker, an African American woman who was a Patron of the Arts and a leader of the Harlem Renaissance. Everyone wanted to be invited to her salons. But anyone who spoke against gay rights was never invited back.

Meet Natalie Barney who ran her Paris Salons from 1910 through the 1960's. She spoke of herself as a lesbian and was one of the first to interpret Sappho as our foremother.

Meet M. Carey Thomas, a lesbian who fought for the rights of all women to be educated.

And meet the *real* Florence Nightingale.

Author Dell Richards (*Superstars: Twelve Lesbians Who Changed the World*) will tell us the stories of their lives and the Sacramento Women's Chorus will sing the songs of their times. Hear and feel the mystery and pleasure of the women who were brave enough to love other women during the eighteenth and nineteenth century. Feel the pride and affirmation from these women, our foremothers.

DATE:	**Friday, March 18, 1994**
PLACE:	**Carmichael Park Recreation Center**
	5750 Grant Avenue (Grant and Fair Oaks)
TIME:	**6:30 p.m. Networking; 7:30 p.m. Program**
TICKETS:	**$8 Subscribers; $13 Non-Subscribers**
	All tickets at the door will be $13.
	See order form on inside of back cover of this newsletter.
	This event is open to women over 21 years of age only.

FROM THE STEERING COMMITTEE

It was a very romantic evening on February 12 at the SACWN Valentine Dance.

Second Wind was in great form and played so many love songs. At our request, during their third set, they asked couples only to dance. For the second song in the set, they asked couples together more than five years to keep dancing, then, those together more than 10 years were asked to keep dancing. When Second Wind asked for couples together more than twenty years to continue dancing, there were still a dozen couples on the dance floor. Two couples had been together more than thirty years.

Ellie and Donna will soon celebrate 32 years of commitment and Peg and Sally have been partners for 36 years. We gave them a standing ovation and asked Peg and Sally to cut the three tiered friendship cake with the two brides on top. The Sacramento Women's Chorus (who were selling the drinks for the evening) presented Peg and Sally with a bottle of champagne. SACWN gave them a present too, a lovely 8 x 10 picture frame. While they were helping to cut the cake, Sally and Peg mentioned that they have been together since college, and in those days, they never imagined there would be an organization like SACWN with hundreds of lesbians- a place where they could feel so proud. They never dreamed that so many years later, 200 women on a Valentine Eve would honor their commitment .

Thank you to Sally and Peg and Donna and Ellie and all of the couples who have defined love, family, and commitment in a uniquely lesbian way.

Thanks also to the decorating crew and the centerpiece makers. Decorations were great.

Our March program will also be outstanding. We are proud to feature the talented women of Sacramento and SACWN! Many of the members of the Sacramento Women's Chorus are long-standing members of SACWN as is author Dell Richards. It will be an evening of fun and surprises! See you there!

SACWN STEERING COMMITTEE

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SACWN, Inc. newsletter is published monthly, ten times a year. No portion of this newsletter may be reproduced without written permission from **SACWN, Inc**. Letters to the Editor, articles and community announcements are welcome. Materials submitted may be edited and shortened based on available space. For more information, contact Sandy Virago at 451-8034.

SACWN ADVERTISING RATES

Type	Member	Non-Mem
1/2 Business Card 1 3/4 x 1 3/4	$14	$21
Business Card 3 1/4 x 1 3/4	$25	$37
Two-column ad 4 1/2 x 2 3/4	$40	$60
Quarter page 3 1/2 x 4 1/2	$50	$75
Half page 7 1/8 x 4 1/2	$90	$135
Full page	$160	$240
Classified ads (per word)	.40	.60
Discounts (pre-paid) 1 year	20%	
Discounts (pre-paid) 1/2 year	10%	

SPECIAL INTEREST GROUPS - MARCH

Culture Club is back! Thanks to Ann for agreeing once again to facilitate this very exciting SIG!

BRIDGE

Bridge games are held at **2 p.m. on Sunday afternoons**. On the second Sunday, the game is at Marsha's home and on the fourth Sunday the game is at Jean's home. Cost is $1 per Sunday. Call **Marsha at 442-3093** by Friday if you plan to attend. Beginner lessons are available during the week. Check with Marsha.

SINGLE CONNECTION

March 5- Noon Go Fly a Kite! Meet at Maidu Park soccer field. Directions: I 80 to Roseville. Exit Right (East) on Douglas to Rocky Ridge Road. Make right to Park Bring snack.

March 11- 6:30 p.m. **Games Night and Planning Meeting**. We will play some games (bring your favorite) and also plan for events in the future for our group. Bring snacks. Call Lise for directions 452-4948.

March 12 & 26- 11 a.m. to 1 p.m. **Bike Riding**. It's beautiful by the river. So join us for some exercise. Slow and advanced riding. Meet under Watt Avenue bridge (La Riveria Drive to American River Access entrance)

April 16-18- Holly's Resort in heart of Lake Tahoe. Walk to lake, fireplace, hot tub, biking and more! Space limited $55 per person. Call ASAP. Call **Angie 979-1253 or Cynthia 991-3702.**

LATE-BLOOMERS

If you are **25+ and interested** in exploring your love for women - come join us for a time to sort out thoughts, feelings, and for socialization. Call **Eva at 878-9253** for date and location.

TOP TEN

Had a wonderful dinner at Tea Cup. What a nice group of people! **March 20-** Meet at Karen S's. 457-3224. 3 p.m. Call **Lise 452-4948.**

HIKING

March 5- Bike the Buttes. Almond orchards in bloom! Beginning to Intermediate. Several distance options. Mostly flat, little traffic. Rain will cancel.

March 19- Spring Wild Flowers, and Sea Lions at Chimney Rock in Pt. Reyes. Level and easy going. Good for beginners. Call **Nancy at 454-5847.**

RAINBOW CAMPERS

Sleeping bags still wet. For more information, Call **Jayne at 921-6642.**

NEWCOMERS GROUP

New to SACWN? New to SACTO? Or just new? Welcome brunch is held the last Sunday of every month at 1:00 p.m. Meet **March 27** at "Ernestos". All facilitators and members invited. Call **Angie at 979-1253 or Cinder at 676-0641.**

INTO ART!

Working as an artist can be isolating. Want to talk to others who share your ups and downs? Call **Carmen at 455-9253.**

GOLF

Give **Judy a call at 428-4685** to find out the details about their Thursday game.

THE WALKING GROUP

Let's walk! **Reine** can be reached at **448-5412**.

COUPLES CONNECTION

March 6- Noon **Bike Ride** American River Parkway at Watt Avenue. Meet in Lucky Parking lot. **March 19- Tahoe Trip** being planned. Call **Lesha or Cinder at 676-0641.**

POKER FOR COUPLES

We love poker, want to join us for a game? Call **Kym and Jane at 649-1182.**

CULTURE CLUB

Weeee're back! By popular request. Join us for Potluck and planning meeting. Upcoming events: Movies, Plays, Concerts, Trip to SF, Minature Golf and other cultural events of a lesbian persuasion. Tuesday, March 15. **RSVP Ann 927-6038.**

SACWN CALENDAR FOR 1994

Friday, March 18 The Lives and Sounds of our Foremothers. Women's Herstory Program featuring author Dell Richards, speaking from her book, "*Superstars: Twelve Lesbians Who Changed the World*" and the Sacramento Women's Chorus.

Under the direction of Mary WillAllen, The Sacramento Women's Chorus will be performing songs written from 1879 to 1928, all songs new to the chorus and chosen to reflect the lives and times of the women Dell will be introducing. From the dance hall tune, "Everybody Shimmies Now" popular in A'Lelia Walker's days to "What Do You Mean by Loving Somebody Else?", a reflection of the love triangle of Carey Thomas, the songs will entertain and delight. To best describe the flamboyant nature of James Miranda Barry, chorus member Alison Hendon, rewrote the words to "I am the Very Model of A Modern Army Medico", creating a parody that would surely delight Dr. Barry. SACWN is especially proud to present an evening of talented Sacramento women! See registration form on inside back cover.

Friday, April 22 Sunniva Sorby, American Women's Expedition. Member of the first all women's team to ski from the edge of Antarctica to the South Pole.

CLASSIFIED AD

One Bedroom loft apartment. Spacious, laundry, pool & spa, country atmosphere. Ideal for one. $495 +. Call Mary 992-1540.

IN THE COMMUNITY

FACE THE MUSIC - Thursdays 7:30 -10:00 p.m., KZFR 90.1 Chico Radio.

March 11 - 7:30 p.m. "**an evening of MALVINA SPIRIT**". Celebrate the wisdom and wit of Malvina Reynolds with singer/songwriter Judy **Fjell** and storyteller-songwriter Nancy Schimmel (Malvina's daughter). Federated Church Price Hall 1031 Thompson Way, Placerville. Benefits the El Dorado Women's History Project (622-0762). $8-12 at door.

March 12 - 7-9 p.m. **"Songs to Celebrate Women",** A Judy Fjell singalong. Veteran Memorial Building 130 Placerville Drive, Placerville Benefits the El Dorado Women's History Project (622-0762). $3-10 Donation.

March 19 - 9-4 **Construction Apprenticeship Fair for Women**. North Valley Carpenters Training Center. Learn about building trades. Free.

March 18, 19, 20 - Leadership Development for Women in Science - University of CA, Davis - Call 757-3331 for information.

International Goddess Festival- In Santa Cruz at the full moon on May 19-22. Call 510-444-7724 for info.

Lesbian Relationships: March 29

Single or coupled, discover how you unconsciously reinforce negative patterns and what you can do to increase intimacy, love, passion and power in your relationships

Tuesday, March 29, 7 - 9 PM
Coloma Comm. Center, 4623 T St., Sacramento
$15 advance, $20 at door

Love Works, Inc. • Sonika Tinker, MSW & Debra Rein, MA
205 Crystal Springs Center, Suite 37, San Mateo, CA 94402 • 415/572-1999

SUCCESSFUL SACWNITES

Our March Successful Sacwnites are partners in business and in life. During the day, they have a shared practice as Chaney Chiropratic Care. During the evenings, they admit, they also talk about work a lot. Karen Chaney explained, "The advantage is that we both know the stress level of being in business for ourselves. We also intimately know the stresses that are unique to our profession."

Karen Chaney

Nancy Buck, R.N., D.C. was born and raised in Long Beach, California. "I had my own practice there for two years. Then I visited Sacramento and fell in love with the blue sky and clean air. I moved here in November, 1991, to work with Karen."

Karen Chaney, D.C. is a third generation Californian, born and raised in Martinez. "I started my practice in Alameda, then moved to Sacramento seven years ago."

To Drs. Chaney and Buck, chiropractic care is a holistic approach to healing focused on the alignment of the spine and joints. Using various therapeutic modalities, and an emphasis on good nutrition and exercise, they define a model for wellness with their patients.

"We find that people like to see a woman doctor. They expect a gentleness and nurturing from us because we are women. "

Karen and Nancy find working together a plus. "People comment on the professional relationship we have. They like the atmosphere in the office. It's supportive and based on a trust that is unique because of our personal friendship."

But the spill over of work into family time does get hard. "There are times when we agree not to talk about work. But owning your own business is a 24 hour a day job, not eight hours and go home. On vacations, we talk business on the drive to the airport, and after that, no more work. But then we don't get many vacations together."

Nancy Buck

Both Nancy and Karen enjoy sports with golf, tennis, biking and camping leading the list. Karen serves on the Board of Directors of the YWCA, while Nancy was recently elected to the Board of Directors of the Lesbian and Gay Business Alliance. Nancy is also involved with the Professional Rodeo Circuit. She recently was honored by Wrangler Sports Chiropratic as "Doctor of the Year for Northern California".

When asked for advice to couples considering a joint business venture, they agreed on the following formula:

Know your compatibility level.
Have someone (a good therapist) to consult on the difficult issues.
Know who does what better and allow them to do that.
Have excellent financing.

Success to Nancy is "being happy with what you do, rather than how much money you make. Although I don't mind making money, too." Karen sees success more in entrepreneurial stages. "Success for a business is a process - initially it is being in the black, then it is attaining financial status and comfort, then most importantly, it's being able to keep your life balanced. Success is being able to work hard and play hard. Personally, I haven't gotten to the playing hard part, yet!"

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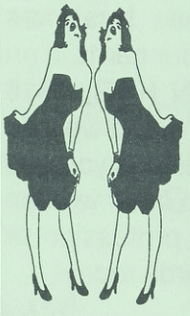

Country Western Dancing Classes
For the Lesbian & Gay Community
Mondays, Starting March 7th
Partner Dances/Beg. Level: 6:00 pm
Line Dances Only: 7:15 pm
Four weeks/$28 per person
MCC Grand Ballroom
2741 34th Street
Private Lessons Also Available
John Batchelor 453-8991

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SACWN SAYS.....

SEND YOUR BUSINESS CARDS TO THE HUB- At the monthly events, the HUB table provides information about community events and SACWNites. A book holding business cards of SACWN subscribers is displayed so subscribers can take business cards of interest. **It is time to update those business cards.** Simply put about 10 of your cards in an envelope addressed to **SACWN HUB, 1616 29th Street, #310, Sacto, 95816** and we'll do the rest. You need not be in business yourself to submit cards. Be a resource to other women who may be interested in your profession or place of work. Send in those cards today!

DO YOU NEED TO BE A BUSINESS OWNER TO BE THE SUCCESSFUL SACWNITE OF THE MONTH? No, No, No! But it sure seems that way. Every SACWNite is invited to call the SACWN office and volunteer to be the **SS** of the month! Since few call, many are begged to be interviewed. More than once, (this month included), an interviewee changed her mind at the last minute because she felt she was not out enough, safe enough at work. Is it only the business owners who control their lives enough to share their story? We could learn so much from each other. Consider it, and call. Come on, please?

The Culture of SACWN- Together we create the social form, the norms of SACWN. By the integrated patterns of our behavior, we pass on a social pattern each month that becomes known as SACWN. Individual comfort levels for people attending SACWN events are a reflection of this culture.

This is SACWN's tenth year. Many changes have occurred since the first small group of lesbians met and defined SACWN. The culture has evolved with the changes. The dream that became SACWN was to create a safe place for women to meet. A place that was an alternative to the bars. A place that was women only space. Certainly that has been accomplished.

The dream today for SACWNites is to enjoy the feeling of belonging when they attend events. SACWN is a place to recognize old friends while reaching out to make new ones. SACWN is a place where you matter to other people in the group. SACWN is shared experiences, shared history with others in the community. SACWN is a safe place, where you can be who you are. SACWN is a feeling of being accepted and understood.

This can be SACWN if each of us shares in creating the organizational culture that reflects these qualities. It would provide a strong foundation for the second ten years of SACWN's life!

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All subscriptions may be paid in full or in 2 installments, the second installment due in 6 months. Subscription entitles you to our monthly Newsletter and discounts for all functions. Please select the appropriate category and send a check for the correct amount, payable to SACWN, Inc.

CATEGORIES	RATES
Regular Subscriber	$36/year
Two-in-One Household	$60/year
Limited Income Subscriber* (Student/Senior/Disabled)	$24/year
Sustaining Subscriber**	$48/year

Enclose check and mail to: **SACWN, Inc., 1616 29th Street Suite 310, Sacramento, CA 95816**

Name(1) Name(2)

_____

Address _____

City_____State_____ Zip_____

Phone(H) _____ (H)_____

Phone(W)_____ (W)_____

Career Interests

(1)_____

(2)_____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend. A $10 fee will be charged on returned checks.

WAIVER - I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

Signature_____ Date_____

Signature _____ Date _____

*LIMITED INCOME - We consider a person living on a limited income to be anyone who is having a difficult time paying for basic necessities - food, utilities and rent - and who rarely considers entertainment as part of her budget.

* SENIORS -Age 65+ on Limited Income; STUDENTS - Students 21+ on Limited Income; DISABLED - Disabled Citizens on Limited Income.

**SUSTAINING - Contributing a little extra to help supplement others (Seniors, Students, Disabled) on limited income.

"THE LIVES AND SOUNDS OF OUR FOREMOTHERS"

FRIDAY, MARCH 18, 1994
FROM 6:30 P.M.

Carmichael Recreation Center
5750 Grant Avenue
(Grant & Fair Oaks)

NAME _____

ADDRESS _____

CITY _____ STATE ____ ZIP ____

PHONE _____

Category	# Tickets	Subscriber Names or #s
Subscribers- $ 8	_____	_____
Limited Income- $5 (Seniors, Disabled, Student Subscribers*)	_____	_____
Non-subscribers-$13	_____	

Total Tickets: _____ Total Enclosed $_____

All tickets will be $13 at the door.
Please include a **self-addressed stamped** envelope with a check made payable to SACWN.
Send to:

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Tickets may be picked up at the above address when pre-arranged. Call 451-8034 for information.

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